



How Much Should I be Eating?

Use this guide to help you plan, prepare or when ordering a meal.

This includes serving sizes of:



Lower GI carbohydrates:

e.g. whole grain pasta, brown rice, wholemeal bread, sweet potato, corn, lentils and legumes



Lean protein:

e.g. fish, seafood, tofu, egg, skinless chicken, lean meat



Cooked or raw vegetables or salad:

e.g. capsicum broccoli, carrot, spinach, eggplant, cucumber, green leafy leaves

Plate guide

Fill half your plate with vegetables or salad, followed by lean protein and a lower glycaemic index (GI) carbohydrate.

1/4 of your plate lower GI carbohydrate

Portion: Fist size



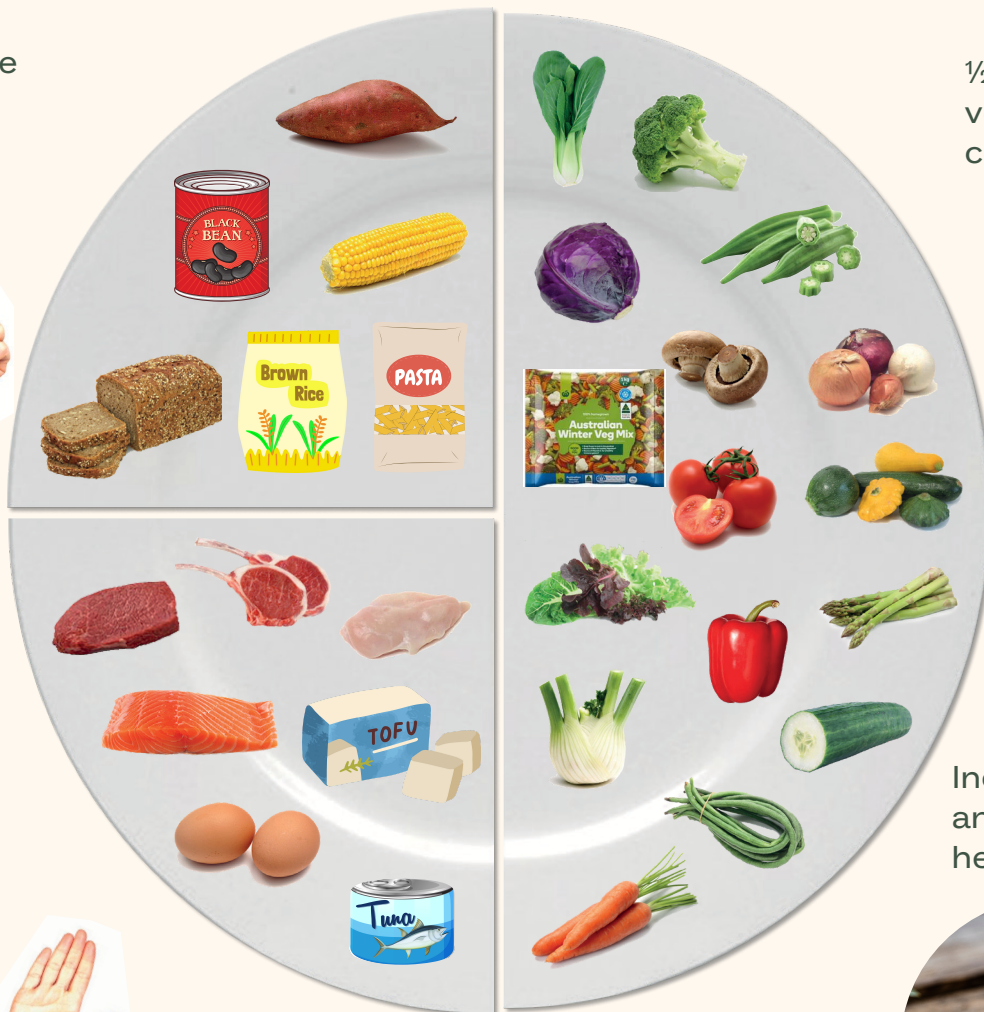
1/2 of your plate vegetables raw or cooked

Portion: Two open hands



1/4 of your plate lean protein

Portion: Palm size



Include small amounts of healthy fats



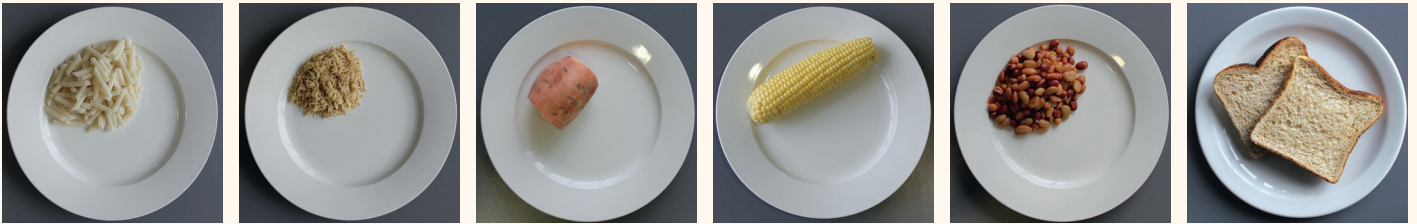
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Lower GI carbohydrate

Choose one of:

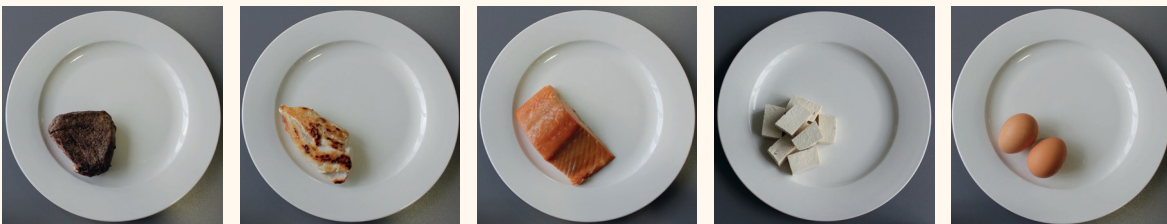
Whole wheat pasta or noodle	1/2-1 cup cooked
Brown rice or grains, e.g., quinoa	1/2-1 cup cooked
Sweet potato	100-200g
Corn	1 cob or 1/2-1 cup corn kernels
Grain or wholemeal bread	1-2 slices, or 1 chapatti or pita
Legumes or lentils	1/2-1 cup or 75-150g cooked or canned



Lean protein

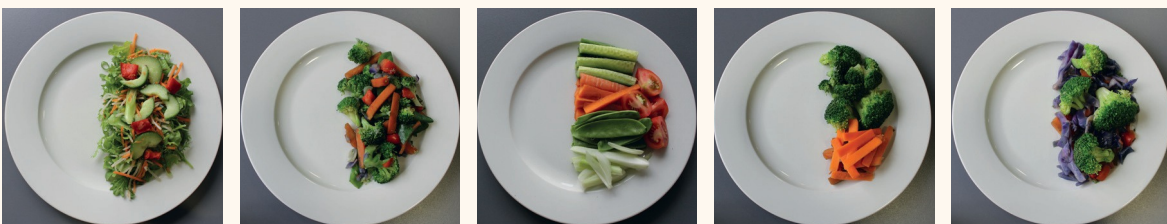
Choose one of:

Lean meat: beef, lamb, pork	150g raw or 120g cooked
Skinless chicken or turkey	150g raw or 120g cooked
Fish and seafood	170g raw or 150g cooked
Tofu	170g
Egg	2 large
Legumes or lentils	1 cup or 150g cooked or canned



Vegetables

Raw or cooked vegetables or salad 2-3 cups or more 1-1.5 cups or more



Healthy fats

Extra virgin olive oil (EVOO)	1 tablespoon
Avocado	1/2 of an avocado
Nuts and seeds	1 tablespoon



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What my plate should look like:



Chicken, vegetables and rice



Steak, vegetables and mash potato



Fish, salads and quinoa



Spaghetti bolognese and salad



Tofu, vegetables and noodles



Lentil and vegetable salad



Chicken curry, cooked vegetables, salad and chappati



Tofu, vegetables and rice



Meat, salads and rice



Cheese and salad sandwich



Egg and vegetable omelette with toast



Legume, vegetable and pasta soup



A well balanced plate: How to get it right

Most dinner plates and bowls are large which can make portion control a challenge. Having the right size plate makes it easier to avoid overfilling your plate and eating too much. Aim for your dinner plate or bowl to be less than 25cm wide.

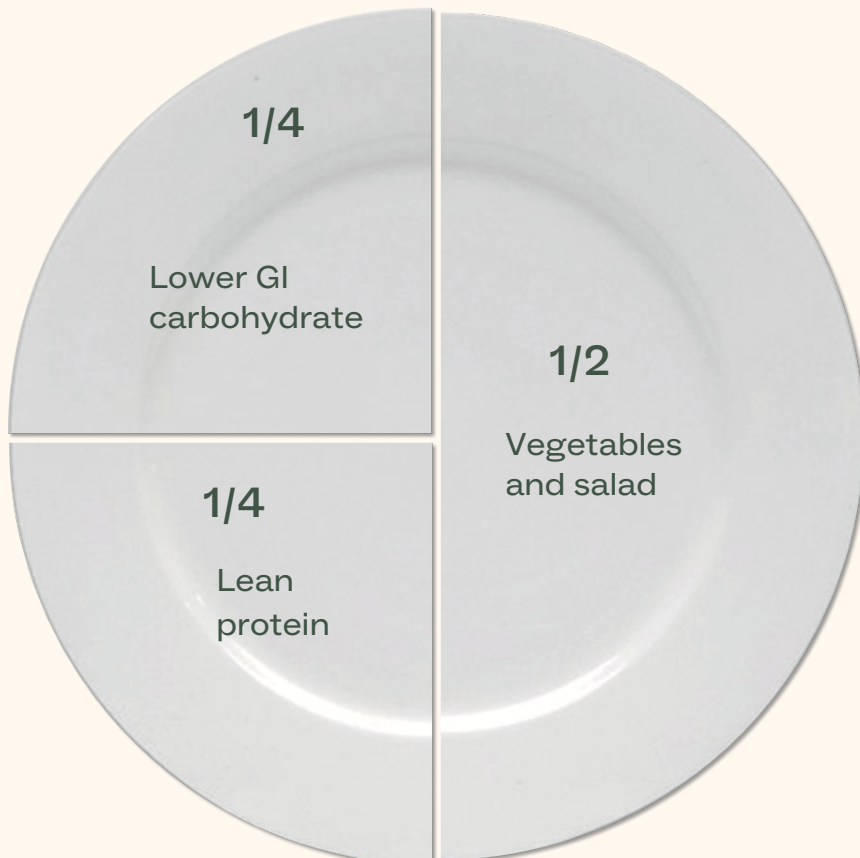


Tips

- ✓ Prepare. Plan your shopping and always make sure you have 4 proteins in the fridge and lots of vegetables and salad materials. Chop up your vegies for easy snacks.
- ✓ Enjoy your favourite meal but choose a smaller serve and make most of your plate salad or vegetables.
- ✓ If your plate is more than 25cm wide, use an entree size plate instead and fill it up with salad and vegetables
- ✓ Choose to drink water with your meals.



← 25cm →



Use the plate model as a guide when making lunches to take to the office or when ordering take-away or restaurant meals.